

DINNER

FALL | MONDAY & THURSDAY



See over 500 recipes on our Nourish blog.



BEGINNINGS

Sweet Potato and Shiitake Bacon Salad
baby spinach, juicy Wilcox apples, plant-based feta cheese, maple balsamic dressing
GF . V 128 . 20 . 3 . 5 . 3 . 201
Soy . Coconut

Harvest Beets & Bleu Cheese
roasted red beets, Belgium endive, whipped goat & bleu cheese, pear, toasted hazelnut
GF 179 . 20 . 6 . 8 . 4 . 264
Tree Nuts . Milk

Roasted Brussels & Esquites Salad
shaved Brussels sprouts, fire grilled corn, cotija cheese, chipotle dressing, and pickled onions
GF 138 . 20 . 5 . 6 . 5 . 148
Milk . Egg . Garlic . Onion

Oro Ensalada
chilled achiote shrimp, panca crab, carrot, romaine lettuce, pickled onions, radish, avocado tahini
GF 154 . 15 . 18 . 2 . 3 . 333
Shellfish . Onion . Garlic . Sesame . Seeds . Coconut

Steamed Edamame
yuzu-togarashi dipping sauce
GF . V 166 . 14 . 15 . 7 . 5 . 287
Soy . Sesame . Seeds . Garlic

Soup of the Day
ask your server

Chicken Bone Broth
GF 28 . 1 . 2 . 1 . tr . 211
Onion

The Rachel Green Salad
quinoa, chickpeas, cucumber, sweet peppers red onion, fresh herbs, lemon juice, vegan feta
GF . V 199 . 19 . 7 . 11 . 4 . 298
Tree Nuts . Onion . Coconut

Smoked Trout Toast
house-smoked trout rillettes layered over a toasted Barrio baguette, finished with lively fennel jam, crisp celery, and delicate caviar
161 . 20 . 7 . 6 . 3 . 195
Wheat . Fish . Milk . Onion

Prickly Pear Glazed Albondigas
grass-fed beef and chicken chorizo meatballs roasted peppers & nopales, cotija cheese
GF 186 . 20 . 14 . 6 . 4 . 204
Milk . Egg . Garlic . Onion

Faroe Island Salmon Ceviche*
delicate salmon marinated in leche de tigre with black tahini aioli and puffed rice chips
GF 199 . 18 . 14 . 8 . 3 . 192
Fish . Soy . Egg . Sesame . Seeds . Garlic . Onion

Vegetarian Chili
GF . V 116 . 20 . 5 . 2 . 5 . 277
Garlic . Onion

CHEF’S DAILY SELECTIONS

Black Bean Noodle Pad Thai
black bean fettuccini, crispy tofu, carrots onions, tangy chili peanut sauce, toasted peanuts
GF . V 489 . 60 . 37 . 16 . 22 . 418
Peanuts . Soy . Garlic . Onion

Jerk-Style Roasted Chicken
cilantro-lime farro, roasted sweet potato, guava-allspice glaze
495 . 58 . 31 . 16 . 8 . 609
Wheat . Soy . Garlic . Onion

Lobster & Black Pepper Gnudi
Maine lobster paired with roasted wild mushrooms, black pepper gnudi and broccoli sautéed with garlic
401 . 40 . 31 . 14 . 9 . 733
Shellfish . Wheat . Milk . Egg . Garlic

Tofu Katsu
crispy tofu paired with miso-glazed eggplant, sautéed Asian greens trio and roasted red pepper curry
GF . V 438 . 47 . 30 . 19 . 21 . 621
Soy . Coconut . Onion . Sesame . Seeds . Garlic

Double Bone Roasted Lamb Rack*
za’atar spice, Mediterranean couscous pomegranate glazed carrots, honey labneh pistachio dukkah
458 . 41 . 40 . 18 . 10 . 721
Tree Nuts . Wheat . Milk . Sesame . Seeds . Garlic . Onion

Chef’s Spotlight
ask your server about our daily special

VAQUERO ACTION STATION — PASTA

Visit the Vaquero Action Station to enjoy pasta, tossed to order with your choice of seasonal sauces and mix-ins.

CRAFT YOUR OWN DISH

Savor a variety of flavors and create a plate tailored to your taste and nutritional needs.

PROTEINS

Tofu Katsu
roasted red pepper curry
GF . V 191 . 17 . 15 . 8 . 8 . 199
Soy . Coconut . Onion

Grilled Eggplant Cannelloni
plant-based ricotta and lentil bolognese
GF . V 187 . 24 . 17 . 6 . 7 . 177
Tree Nuts . Soy . Garlic . Onion

ADDITIONS

Pomegranate Baby Carrots
aleppo, pomegranate molasses
GF . V 68 . 15 . 2 . tr . 4 . 169
None

Cilantro-Lime Farro
V 69 . 14 . 2 . tr . 2 . 136
Wheat . Onion . Garlic

Roasted Sweet Potato
GF . V 140 . 32 . 3 . tr . 5 . 56
None

Grilled Sustainable Fish of the Day*
salsa Veracruz
GF 199 . 4 . 22 . 10 . 1 . 171
Fish . Garlic . Onion

Grilled Faroe Island Salmon Fillet*
avocado chimichurri
GF 231 . 2 . 26 . 13 . 1 . 81
Fish . Garlic

Seasonal Stir Fry
selected daily, served with brown rice and teriyaki sauce
GF . V
Soy . Garlic

Grilled Bok Choy
ginger, and tamari
GF . V 21 . 4 . 2 . tr . 1 . 122
Soy . Garlic . Onion

Pan-Seared Jumbo Maine Scallops*
grilled corn pico, aji amarillo crema
GF 258 . 14 . 25 . 12 . 1 . 441
Shellfish . Milk . Onion . Garlic

Red Bird Farms Chicken
marinated with olive oil & fresh herbs
GF 215 . 1 . 25 . 11 . tr . 52
Garlic

Miso-Glazed Eggplant
Thai eggplant and roasted red pepper curry
GF . V 41 . 9 . 2 . 3 . 4 . 135
Soy . Onion . Sesame Seeds . Coconut

Sautéed Spinach
crispy shallots and garlic
GF . V 45 . 4 . 3 . 2 . 2 . 138
Garlic . Onion

Achiote Seared Duck*
achiote crema habanero pineapple compote
GF 223 . 9 . 23 . 10 . 1 . 137
Milk . Onion . Garlic

Jerk-Style Roasted Chicken
guava-allspice glaze
GF 295 . 13 . 27 . 15 . 2 . 458
Soy . Onion . Garlic

Mediterranean Cous Cous
cucumber, cherry tomato, red onion roasted red peppers, parsley, mint
V 72 . 11 . 3 . 2 . 2 . 153
Wheat . Garlic . Onion

Carolina Gold Rice Perloo
okra and peppers
GF . V 73 . 16 . 2 . tr . 1 . 64
Garlic . Onion

Gochujang Braised Short Ribs
apple carrot slaw and togarashi onion
GF 182 . 15 . 17 . 6 . 2 . 299
Soy . Sesame . Seeds . Onion . Garlic

Roasted Lamb Rack*
zaatar spice, honey labneh, pistachio dukkah
GF 276 . 4 . 32 . 15 . 1 . 238
Tree Nuts . Milk . Sesame . Seeds

Cacio e Pepe Gnudi
roasted wild mushrooms, ricotta cracked black pepper, and chives
113 . 11 . 5 . 6 . 1 . 115
Wheat . Milk . Egg . Onion

Crispy Fingerling Potatoes
smashed with parmesan and garlic
GF 62 . 10 . 1 . 2 . 1 . 122
Milk . Garlic

Butcher’s Block Feature*
chef’s choice grass-fed cut, chimichurri
GF 257 . 3 . 34 . 11 . 1 . 172
Onion . Garlic

Chef’s Cuts*
plain grilled steak, chicken salmon, fish of the day or tofu grilled with salt and pepper

Roasted Asparagus
hemp-walnut crumble
GF 46 . 5 . 3 . 3 . 3 . 16
Tree Nuts . Milk . Seeds

Sautéed Broccoli with Garlic
GF . V 55 . 7 . 3 . 2 . 3 . 140
Garlic

Turmeric Cauliflower Mash
GF 64 . 5 . 2 . 5 . 2 . 108
Milk

NUTRIENT ANALYSIS

calories . carb grams . protein grams . fat grams . fiber grams . sodium mg

PLEASE INFORM YOUR SERVER IF YOU HAVE ANY FOOD ALLERGIES

GF = Gluten-Free (no wheat, rye, or barley) V = Vegan (contains no animal product. May contain honey.)

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

We are very proud to be a partner with Monterey Bay Aquarium’s Seafood Watch Program! Seafood Watch engages and empowers consumers and businesses to purchase fished or farmed seafood in ways that minimize their environmental impact. We purchase exclusively sustainably farmed or sustainably caught seafood. Check out seafoodwatch.org.



UNESCO

In 2015, Tucson became the first city in the United States to be designated as a UNESCO City of Gastronomy. Tucson’s culinary heritage stretches back to 2100 BC, proudly rooted in Indigenous agriculture and later enriched by Spanish, Mexican, and immigrant influences. Local ingredients like Mexican heirloom corn and chiles, wheat from Spanish missionaries, and native ingredients like cholla buds, tepary beans, and prickly pear fruit. At Canyon Ranch Tucson, these local ingredients and traditional cooking methods create a distinctive cuisine that reflects the region’s rich, layered history.

MONTEREY BAY AQUARIUM
SEAFOOD WATCH

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LOCALLY SOURCED VENDORS

- BARRIO BREAD | Tucson, AZ | 2022 James Beard Award Winner
- BONITA BEAN CO | Wilcox, AZ | Pinto Beans
- FIORE DI CAPRA | Pomerene, AZ | Goat Cheese
- LA MESA | Tucson, AZ | Tortillas
- HEARTQUIST HOLLOW FARM | Winkelman, AZ | Grass-Fed Ground Beef
- HICKMAN’S FAMILY FARMS | Buckeye, AZ | Eggs
- RAMONA FARMS | Sacaton,AZ | Tepary Beans

RISHI TEA

Organic and Direct Trade

ICED

green tea citrus | golden triangle black | hibiscus elderberry

HOT

Loose-Leaf Tea

Earl Grey | English breakfast | jasmine green | golden chamomile | peppermint

SPECIALTY TEA DRINKS

chai tea latte | matcha latte

CAFFÈ UMBRIA COFFEE

Delicately sourced from around the world and domestically roasted in Seattle, WA, with Italian heritage.

- bizzarri medium-dark roast drip coffee
- mezzanotte decaf drip coffee
- cold brew coffee

SPECIALTY ITALIAN ESPRESSO americano | cappuccino | cortado | latte | traditional macchiato

BARISTA MILKS skim | reduced fat | half & half | almond | oat | coconut | soy | rice

HOUSEMADE COFFEE SYRUPS vanilla | caramel | mocha | brown sugar

BEVERAGES

SEASONAL STANDOUTS

Pears

Pears are an excellent source of potassium for heart health, carbs for energy, and fiber for satisfaction, good gut health, and better blood glucose management. 1 pear meets about 24% of daily fiber needs for women and about 16% of needs for men. In particular, pears are rich in prebiotic fiber, which nourishes beneficial gut bacteria.

Pomegranate

You'll find these unique red fruits growing around the resort grounds and adding delicious sweet flavor to some of our fall dishes too. Pomegranate is well known for its concentrated source of antioxidants such as anthocyanins. Research links pomegranate consumption to many health benefits, including supporting cognitive function.

GLOSSARY OF
CULINARY TERMS

Gnudi

Delicate, pillowy dumplings made primarily from ricotta cheese, bound with flour and sometimes mixed with other ingredients like parmesan or herbs. They resemble the filling of ravioli without the pasta shell, resulting in a soft, creamy texture.

Nopales

The edible pads of the prickly pear cactus, known for their bright, slightly tart flavor and a soft, juicy texture.

Rillettes

A French preparation where meat or fish is slowly cooked, shredded, and mixed with fat or a binder to create a spreadable pâté-like texture, typically served on bread or crackers.

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Canyon Ranch maintains some of the most rigorous nutritional standards in the industry. Nutrition information for each item is always available upon request.
Interested in building a personalized plan for your dietary goals? Ask our team about connecting you with a nutritionist.

DINNER

FALL | TUESDAY + FRIDAY



See over 500 recipes on our
Nourish blog.



BEGINNINGS

Sweet Potato and Shiitake Bacon Salad
baby spinach, juicy Wilcox apples, plant-based
feta cheese, maple balsamic dressing
GF . V 128 . 20 . 3 . 5 . 3 . 201
[Soy](#) . [Coconut](#)

Harvest Beets & Bleu Cheese
roasted red beets, Belgium endive, whipped
goat & bleu cheese, pear, toasted hazelnut
GF 179 . 20 . 6 . 8 . 4 . 264
[Tree Nuts](#) . [Milk](#)

Roasted Brussels & Esquites Salad
shaved Brussels sprouts, fire grilled corn, cotija
cheese, chipotle dressing, and pickled onions
GF 138 . 20 . 5 . 6 . 5 . 148
[Milk](#) . [Egg](#) . [Garlic](#) . [Onion](#)

Oro Ensalada 🍴
chilled achioté shrimp, panca crab, carrot, romaine
lettuce, pickled onions, radish, avocado tahini
GF 154 . 15 . 18 . 2 . 3 . 333
[Shellfish](#) . [Onion](#) . [Garlic](#) . [Sesame](#) . [Seeds](#) . [Coconut](#)

Steamed Edamame 🍴
yuzu-togarashi dipping sauce
GF . V 166 . 14 . 15 . 7 . 5 . 287
[Soy](#) . [Sesame](#) . [Seeds](#) . [Garlic](#)

Soup of the Day
ask your server

Chicken Bone Broth
GF 28 . 1 . 2 . 1 . tr . 211
[Onion](#)

The Rachel Green Salad
quinoa, chickpeas, cucumber, sweet peppers
red onion, fresh herbs, lemon juice, vegan feta
GF . V 199 . 19 . 7 . 11 . 4 . 298
[Tree Nuts](#) . [Onion](#) . [Coconut](#)

Birria Dumplings
braised beef style birria, consommé, onion
& cilantro, pickled fresno, tortilla crisps
170 . 19 . 15 . 4 . 3 . 350
[Wheat](#) . [Egg](#) . [Garlic](#) . [Onion](#)

Patatas Bravas GF . V
toasty Yukon potatoes, sunflower
romesco, whipped tofu, parsley
GF . V 148 . 20 . 4 . 6 . 4 . 114
[Soy](#) . [Garlic](#) . [Seeds](#)

Togarashi Crusted Tuna Tataki* 🍴
cucumber edamame salad, crispy
ginger, scallions, yuzu, chili crisp
GF 195 . 20 . 22 . 3 . 3 . 326
[Fish](#) . [Soy](#) . [Sesame](#) . [Seeds](#) . [Onion](#) . [Garlic](#)

Vegetarian Chili
GF . V 116 . 20 . 5 . 2 . 5 . 277
[Garlic](#) . [Onion](#)

CHEF’S DAILY SELECTIONS

Tofu Katsu
crispy tofu paired with miso-glazed
eggplant, sautéed Asian greens trio
and roasted red pepper curry
GF . V 438 . 47 . 30 . 19 . 21 . 621
[Soy](#) . [Coconut](#) . [Onion](#) . [Sesame](#) . [Seeds](#) . [Garlic](#)

Gochujang Braised Short Ribs
slow-braised bison short ribs with grilled bok choy
apple-carrot slaw, and a creamy cilantro-lime farro
379 . 41 . 30 . 11 . 7 . 670
[Wheat](#) . [Soy](#) . [Onion](#) . [Sesame](#) . [Seeds](#) . [Garlic](#)

Pan-Seared Jumbo Maine Scallops* GF
grilled corn pico, aji-amarillo crema, sweet potato
roasted asparagus, walnut crumble
GF 384 . 42 . 30 . 12 . 7 . 524
[Shellfish](#) . [Milk](#) . [Onion](#) . [Garlic](#)

Grilled Eggplant Cannelloni
tender grilled eggplant rolled with plant-based
ricotta, served over lentil bolognese with roasted
asparagus and a hemp-walnut crumble
GF 380 . 50 . 34 . 11 . 14 . 356
[Tree Nuts](#) . [Soy](#) . [Milk](#) . [Garlic](#) . [Onion](#) . [Seeds](#)

Achiote Seared Duck Breast*
cilantro-lime farro, roasted sweet potato, spinach
achiote crema, habanero-pineapple compote
428 . 52 . 30 . 12 . 8 . 503
[Wheat](#) . [Milk](#) . [Garlic](#) . [Onion](#)

Chef's Spotlight
ask your server about our daily special

VAQUERO ACTION STATION — PHO

Build your own bowl of fragrant and flavorful pho with your choice of proteins, vegetables, and garnishes.

CRAFT YOUR OWN DISH

Savor a variety of flavors and create a plate tailored to your taste and nutritional needs.

PROTEINS

Tofu Katsu
roasted red pepper curry
GF . V 191 . 17 . 15 . 8 . 8 . 199
[Soy](#) . [Coconut](#) . [Onion](#)

Grilled Eggplant Cannelloni
plant-based ricotta and lentil bolognese
GF . V 187 . 24 . 17 . 6 . 7 . 177
[Tree Nuts](#) . [Soy](#) . [Garlic](#) . [Onion](#)

ADDITIONS

Pomegranate Baby Carrots 🍴
aleppo, pomegranate molasses
GF . V 68 . 15 . 2 . tr . 4 . 169
[None](#)

Cilantro-Lime Farro
V 69 . 14 . 2 . tr . 2 . 136
[Wheat](#) . [Onion](#) . [Garlic](#)

Roasted Sweet Potato
GF . V 140 . 32 . 3 . tr . 5 . 56
[None](#)

Grilled Sustainable Fish of the Day*
salsa Veracruz
GF 199 . 4 . 22 . 10 . 1 . 171
[Fish](#) . [Garlic](#) . [Onion](#)

Grilled Faroe Island Salmon Fillet*
avocado chimichurri
GF 231 . 2 . 26 . 13 . 1 . 81
[Fish](#) . [Garlic](#)

Seasonal Stir Fry
selected daily, served with brown
rice and teriyaki sauce
GF . V
[Soy](#) . [Garlic](#)

Grilled Bok Choy
ginger, and tamari
GF . V 21 . 4 . 2 . tr . 1 . 122
[Soy](#) . [Garlic](#) . [Onion](#)

Pan-Seared Jumbo Maine Scallops*
grilled corn pico, aji amarillo crema
GF 258 . 14 . 25 . 12 . 1 . 441
[Shellfish](#) . [Milk](#) . [Onion](#) . [Garlic](#)

Red Bird Farms Chicken
marinated with olive oil & fresh herbs
GF 215 . 1 . 25 . 11 . tr . 52
[Garlic](#)

Miso-Glazed Eggplant
Thai eggplant and roasted red pepper curry
GF . V 41 . 9 . 2 . 3 . 4 . 135
[Soy](#) . [Onion](#) . [Sesame](#) [Seeds](#) . [Coconut](#)

Sautéed Spinach
crispy shallots and garlic
GF . V 45 . 4 . 3 . 2 . 2 . 138
[Garlic](#) . [Onion](#)

Achiote Seared Duck*
achiote crema habanero pineapple compote
GF 223 . 9 . 23 . 10 . 1 . 137
[Milk](#) . [Onion](#) . [Garlic](#)

Jerk-Style Roasted Chicken 🍴
guava-allspice glaze
GF 295 . 13 . 27 . 15 . 2 . 458
[Soy](#) . [Onion](#) . [Garlic](#)

Mediterranean Cous Cous
cucumber, cherry tomato, red onion
roasted red peppers, parsley, mint
V 72 . 11 . 3 . 2 . 2 . 153
[Wheat](#) . [Garlic](#) . [Onion](#)

Carolina Gold Rice Perloo
okra and peppers
GF . V 73 . 16 . 2 . tr . 1 . 64
[Garlic](#) . [Onion](#)

Gochujang Braised Short Ribs
apple carrot slaw and togarashi onion
GF 182 . 15 . 17 . 6 . 2 . 299
[Soy](#) . [Sesame](#) . [Seeds](#) . [Onion](#) . [Garlic](#)

Roasted Lamb Rack*
zaatar spice, honey labneh, pistachio dukkah
GF 276 . 4 . 32 . 15 . 1 . 238
[Tree Nuts](#) . [Milk](#) . [Sesame](#) . [Seeds](#)

Cacio e Pepe Gnudi
roasted wild mushrooms, ricotta
cracked black pepper, and chives
113 . 11 . 5 . 6 . 1 . 115
[Wheat](#) . [Milk](#) . [Egg](#) . [Onion](#)

Crispy Fingerling Potatoes
smashed with parmesan and garlic
GF 62 . 10 . 1 . 2 . 1 . 122
[Milk](#) . [Garlic](#)

Butcher's Block Feature*
chef's choice grass-fed cut, chimichurri
GF 257 . 3 . 34 . 11 . 1 . 172
[Onion](#) . [Garlic](#)

Chef's Cuts*
plain grilled steak, chicken
salmon, fish of the day or tofu
grilled with salt and pepper

Roasted Asparagus
hemp-walnut crumble
GF 46 . 5 . 3 . 3 . 3 . 16
[Tree Nuts](#) . [Milk](#) . [Seeds](#)

Sautéed Broccoli with Garlic
GF . V 55 . 7 . 3 . 2 . 3 . 140
[Garlic](#)

Turmeric Cauliflower Mash
GF 64 . 5 . 2 . 5 . 2 . 108
[Milk](#)

NUTRIENT ANALYSIS

calories . carb grams . protein grams . fat grams . fiber grams . sodium mg

PLEASE INFORM YOUR SERVER IF YOU HAVE ANY FOOD ALLERGIES

GF = Gluten-Free (no wheat, rye, or barley) V = Vegan (contains no animal product. May contain honey.)

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

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BONITA BEAN CO | Wilcox, AZ | Pinto Beans
FIORE DI CAPRA | Pomerene, AZ | Goat Cheese
LA MESA | Tucson, AZ | Tortillas
HEARTQUIST HOLLOW FARM | Winkelman, AZ | Grass-Fed Ground Beef
HICKMAN’S FAMILY FARMS | Buckeye, AZ | Eggs
RAMONA FARMS | Sacaton, AZ | Tepary Beans

RISHI TEA

Organic and Direct Trade

ICED

green tea citrus | golden triangle black | hibiscus elderberry

HOT

Loose-Leaf Tea

Earl Grey | English breakfast | jasmine green | golden chamomile | peppermint

SPECIALTY TEA DRINKS

chai tea latte | matcha latte

CAFFÈ UMBRIA COFFEE

Delicately sourced from around the world and domestically roasted in Seattle, WA, with Italian heritage.

- bizzarri medium-dark roast drip coffee
- mezzanotte decaf drip coffee
- cold brew coffee

SPECIALTY ITALIAN ESPRESSO | americano | cappuccino | cortado | latte | traditional macchiato

BARISTA MILKS | skim | reduced fat | half & half | almond | oat | coconut | soy | rice

HOUSEMADE COFFEE SYRUPS | vanilla | caramel | mocha | brown sugar

BEVERAGES

SEASONAL STANDOUTS

Brussels Sprouts

As a member of the cruciferous family of vegetables, Brussels sprouts are an excellent source of natural compounds that protect cell health and may even help fight cancer. In our autumn-inspired dishes we deeply caramelize them to help bring out their sweet and savory side. We hope you enjoy them.

Corn

Tucson sits in the heart of a region with a rich history of growing and celebrating this staple food source. We bring corn to our menus to continue this regional tradition and to nourish the body with sustaining and energizing carbohydrates.

GLOSSARY OF CULINARY TERMS

Gochujang

A Korean fermented chili paste made from red chili peppers, glutinous rice, soybeans, and salt. It has a bold, savory heat with a touch of sweetness and umami.

Panca

A Peruvian red chile pepper that is dried and often ground or made into a paste, valued for its mild heat and deep, fruity, smoky flavor.

Yuzu

A citrus fruit originating from East Asia. It has a tart and aromatic flavor, similar to a combination of grapefruit, lemon, and mandarin orange.

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DINNER

FALL | WEDNESDAY + SATURDAY



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BEGINNINGS

Sweet Potato and Shiitake Bacon Salad
baby spinach, juicy Wilcox apples, plant-based feta cheese, maple balsamic dressing
GF . V 128 . 20 . 3 . 5 . 3 . 201
Soy . Coconut

Harvest Beets & Bleu Cheese
roasted red beets, Belgium endive, whipped goat & bleu cheese, pear, toasted hazelnut
GF 179 . 20 . 6 . 8 . 4 . 264
Tree Nuts . Milk

Roasted Brussels & Esquites Salad
shaved Brussels sprouts, fire grilled corn, cotija cheese, chipotle dressing, and pickled onions
GF 138 . 20 . 5 . 6 . 5 . 148
Milk . Egg . Garlic . Onion

Oro Ensalada 🍴
chilled achiote shrimp, panca crab, carrot, romaine lettuce, pickled onions, radish, avocado tahini
GF 154 . 15 . 18 . 2 . 3 . 333
Shellfish . Onion . Garlic . Sesame . Seeds . Coconut

Steamed Edamame 🍴
yuzu-togarashi dipping sauce
GF . V 166 . 14 . 15 . 7 . 5 . 287
Soy . Sesame . Seeds . Garlic

Soup of the Day
ask your server

Chicken Bone Broth
GF 28 . 1 . 2 . 1 . tr . 211
Onion

The Rachel Green Salad
quinoa, chickpeas, cucumber, sweet peppers red onion, fresh herbs, lemon juice, vegan feta
GF . V 199 . 19 . 7 . 11 . 4 . 298
Tree Nuts . Onion . Coconut

Shishito Toreados 🍴
blistered shishito, caramelized onions yuzu togarashi, lime, toasted cashew
GF . V 132 . 20 . 5 . 5 . 3 . 268
Tree Nuts . Soy . Sesame . Seeds . Garlic . Onion

Prickly Pear Glazed Albondigas
grass-fed beef and chicken chorizo meatballs roasted peppers & nopales, cotija cheese
GF 186 . 20 . 14 . 6 . 4 . 204
Milk . Egg . Garlic . Onion

Crab Tostada 🍴
lump crab, key lime mustard, radish grilled corn pico
GF 163 . 20 . 7 . 7 . 3 . 139
Shellfish . Egg . Garlic . Onion

Vegetarian Chili
GF . V 116 . 20 . 5 . 2 . 5 . 277
Garlic . Onion

CHEF’S DAILY SELECTIONS

Black Bean Noodle Pad Thai
black bean fettuccini, crispy tofu, carrots onions, tangy chili peanut sauce, toasted peanuts
GF . V 489 . 60 . 37 . 16 . 22 . 418
Peanuts . Soy . Garlic . Onion

Rustler Steak Dinner*
butcher block feature, crispy fingerlings potatoes pomegranate glazed carrots, cauliflower mash
GF 491 . 40 . 39 . 20 . 9 . 673
Milk . Onion . Garlic

Seared Salmon Ala Brassa*
pomegranate-glazed carrots
Carolina gold rice perloo
GF 411 . 45 . 30 . 12 . 8 . 681
Fish . Soy . Garlic . Onion

Tofu Katsu
crispy tofu paired with miso-glazed eggplant, sautéed Asian greens trio and roasted red pepper curry
GF . V 438 . 47 . 30 . 19 . 21 . 621
Soy . Coconut . Onion . Sesame . Seeds . Garlic

Jerk-Style Roasted Chicken 🍴
cilantro-lime farro, roasted sweet potato, guava-allspice glaze
495 . 58 . 31 . 16 . 8 . 609
Wheat . Soy . Garlic . Onion

Chef's Spotlight
ask your server about our daily special

VAQUERO ACTION STATION — CURRY

Visit the Vaquero Action Station to savor aromatic curries crafted with vibrant spices, seasonal vegetables, and your choice of protein.

CRAFT YOUR OWN DISH

Savor a variety of flavors and create a plate tailored to your taste and nutritional needs.

PROTEINS

Tofu Katsu
roasted red pepper curry
GF . V 191 . 17 . 15 . 8 . 8 . 199
Soy . Coconut . Onion

Grilled Eggplant Cannelloni
plant-based ricotta and lentil bolognese
GF . V 187 . 24 . 17 . 6 . 7 . 177
Tree Nuts . Soy . Garlic . Onion

ADDITIONS

Pomegranate Baby Carrots 🍴
aleppo, pomegranate molasses
GF . V 68 . 15 . 2 . tr . 4 . 169
None

Cilantro-Lime Farro
V 69 . 14 . 2 . tr . 2 . 136
Wheat . Onion . Garlic

Roasted Sweet Potato
GF . V 140 . 32 . 3 . tr . 5 . 56
None

Grilled Sustainable Fish of the Day*
salsa Veracruz
GF 199 . 4 . 22 . 10 . 1 . 171
Fish . Garlic . Onion

Grilled Faroe Island Salmon Fillet*
avocado chimichurri
GF 231 . 2 . 26 . 13 . 1 . 81
Fish . Garlic

Seasonal Stir Fry
selected daily, served with brown rice and teriyaki sauce
GF . V
Soy . Garlic

Grilled Bok Choy
ginger, and tamari
GF . V 21 . 4 . 2 . tr . 1 . 122
Soy . Garlic . Onion

Pan-Seared Jumbo Maine Scallops*
grilled corn pico, aji amarillo crema
GF 258 . 14 . 25 . 12 . 1 . 441
Shellfish . Milk . Onion . Garlic

Red Bird Farms Chicken
marinated with olive oil & fresh herbs
GF 215 . 1 . 25 . 11 . tr . 52
Garlic

Miso-Glazed Eggplant
Thai eggplant and roasted red pepper curry
GF . V 41 . 9 . 2 . 3 . 4 . 135
Soy . Onion . Sesame Seeds . Coconut

Sautéed Spinach
crispy shallots and garlic
GF . V 45 . 4 . 3 . 2 . 2 . 138
Garlic . Onion

Achiote Seared Duck*
achiote crema habanero pineapple compote
GF 223 . 9 . 23 . 10 . 1 . 137
Milk . Onion . Garlic

Jerk-Style Roasted Chicken 🍴
guava-allspice glaze
GF 295 . 13 . 27 . 15 . 2 . 458
Soy . Onion . Garlic

Mediterranean Cous Cous
cucumber, cherry tomato, red onion roasted red peppers, parsley, mint
V 72 . 11 . 3 . 2 . 2 . 153
Wheat . Garlic . Onion

Carolina Gold Rice Perloo
okra and peppers
GF . V 73 . 16 . 2 . tr . 1 . 64
Garlic . Onion

Gochujang Braised Short Ribs
apple carrot slaw and togarashi onion
GF 182 . 15 . 17 . 6 . 2 . 299
Soy . Sesame . Seeds . Onion . Garlic

Roasted Lamb Rack*
zaatar spice, honey labneh, pistachio dukkah
GF 276 . 4 . 32 . 15 . 1 . 238
Tree Nuts . Milk . Sesame . Seeds

Cacio e Pepe Gnudi
roasted wild mushrooms, ricotta cracked black pepper, and chives
113 . 11 . 5 . 6 . 1 . 115
Wheat . Milk . Egg . Onion

Crispy Fingerling Potatoes
smashed with parmesan and garlic
GF 62 . 10 . 1 . 2 . 1 . 122
Milk . Garlic

Butcher's Block Feature*
chef's choice grass-fed cut, chimichurri
GF 257 . 3 . 34 . 11 . 1 . 172
Onion . Garlic

Chef's Cuts*
plain grilled steak, chicken salmon, fish of the day or tofu grilled with salt and pepper

Roasted Asparagus
hemp-walnut crumble
GF 46 . 5 . 3 . 3 . 3 . 16
Tree Nuts . Milk . Seeds

Sautéed Broccoli with Garlic
GF . V 55 . 7 . 3 . 2 . 3 . 140
Garlic

Turmeric Cauliflower Mash
GF 64 . 5 . 2 . 5 . 2 . 108
Milk

NUTRIENT ANALYSIS

calories . carb grams . protein grams . fat grams . fiber grams . sodium mg

PLEASE INFORM YOUR SERVER IF YOU HAVE ANY FOOD ALLERGIES

GF = Gluten-Free (no wheat, rye, or barley) V = Vegan (contains no animal product. May contain honey.)

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

We are very proud to be a partner with Monterey Bay Aquarium's Seafood Watch Program! Seafood Watch engages and empowers consumers and businesses to purchase fished or farmed seafood in ways that minimize their environmental impact. We purchase exclusively sustainably farmed or sustainably caught seafood. Check out seafoodwatch.org.



UNESCO

In 2015, Tucson became the first city in the United States to be designated as a UNESCO City of Gastronomy. Tucson’s culinary heritage stretches back to 2100 BC, proudly rooted in Indigenous agriculture and later enriched by Spanish, Mexican, and immigrant influences. Local ingredients like Mexican heirloom corn and chiles, wheat from Spanish missionaries, and native ingredients like cholla buds, tepary beans, and prickly pear fruit. At Canyon Ranch Tucson, these local ingredients and traditional cooking methods create a distinctive cuisine that reflects the region’s rich, layered history.

MONTEREY BAY AQUARIUM
SEAFOOD WATCH

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LOCALLY SOURCED VENDORS

- BARRIO BREAD | Tucson, AZ | 2022 James Beard Award Winner
- BONITA BEAN CO | Wilcox, AZ | Pinto Beans
- FIORE DI CAPRA | Pomerene, AZ | Goat Cheese
- LA MESA | Tucson, AZ | Tortillas
- HEARTQUIST HOLLOW FARM | Winkelman, AZ | Grass-Fed Ground Beef
- HICKMAN’S FAMILY FARMS | Buckeye, AZ | Eggs
- RAMONA FARMS | Sacaton,AZ | Tepary Beans

RISHI TEA

Organic and Direct Trade

ICED

green tea citrus | golden triangle black | hibiscus elderberry

HOT

Loose-Leaf Tea

Earl Grey | English breakfast | jasmine green | golden chamomile | peppermint

SPECIALTY TEA DRINKS

chai tea latte | matcha latte

CAFFÈ UMBRIA COFFEE

Delicately sourced from around the world and domestically roasted in Seattle, WA, with Italian heritage.

- bizzarri medium-dark roast drip coffee
- mezzanotte decaf drip coffee
- cold brew coffee

SPECIALTY ITALIAN ESPRESSO americano | cappuccino | cortado | latte | traditional macchiato

BARISTA MILKS skim | reduced fat | half & half | almond | oat | coconut | soy | rice

HOUSEMADE COFFEE SYRUPS vanilla | caramel | mocha | brown sugar

BEVERAGES

SEASONAL STANDOUTS

Peppers

The Southwest is home to a wide variety of peppers, from sweet bells to fiery chilies. We love incorporating all types of peppers in our dishes for their varied, complex flavors that provide a delicious taste of place. Their rich vitamin C and antioxidant content boosts the nutrition of any dish they are part of.

Salmon

We love featuring salmon on our menus as it is uniquely high in omega-3 fats and protein. The omega-3 fats in salmon support brain health, cardiovascular function and have anti-inflammatory benefits. Salmon is rich in high-quality protein essential for building and maintaining strong muscle. It also helps better manage blood glucose while keeping us satiated.

GLOSSARY OF
CULINARY TERMS

Katsu

A Japanese dish featuring breaded and pan-fried tofu or meat, served with a flavorful sauce.

Perloo

A Southern rice dish, especially common in the Carolinas, made by simmering rice with seasoned stock, vegetables, and meats or seafood, similar to a pilaf or jambalaya.

Togarashi

A Japanese chili pepper blend, often called shichimi togarashi (“seven-flavor chili”), made with ground chili, sesame seeds, citrus peel, seaweed, and spices, adding heat and bright, zesty flavor.

To make dinner reservations, please visit our host stand at the Clubhouse or use the Canyon Ranch app.

Canyon Ranch maintains some of the most rigorous nutritional standards in the industry. Nutrition information for each item is always available upon request. Interested in building a personalized plan for your dietary goals? Ask our team about connecting you with a nutritionist.

DINNER

FALL | SUNDAY



See over 500 recipes on our Nourish blog.



BEGINNINGS

Sweet Potato and Shiitake Bacon Salad
baby spinach, juicy Wilcox apples, plant-based feta cheese, maple balsamic dressing
GF . V 128 . 20 . 3 . 5 . 3 . 201
Soy . Coconut

Harvest Beets & Bleu Cheese
roasted red beets, Belgium endive, whipped goat & bleu cheese, pear, toasted hazelnut
GF 179 . 20 . 6 . 8 . 4 . 264
Tree Nuts . Milk

Roasted Brussels & Esquites Salad
shaved Brussels sprouts, fire grilled corn, cotija cheese, chipotle dressing, and pickled onions
GF 138 . 20 . 5 . 6 . 5 . 148
Milk . Egg . Garlic . Onion

Oro Ensalada 🍴
chilled achiote shrimp, panca crab, carrot, romaine lettuce, pickled onions, radish, avocado tahini
GF 154 . 15 . 18 . 2 . 3 . 333
Shellfish . Onion . Garlic . Sesame . Seeds . Coconut

Steamed Edamame 🍴
yuzu-togarashi dipping sauce
GF . V 166 . 14 . 15 . 7 . 5 . 287
Soy . Sesame . Seeds . Garlic

Soup of the Day
ask your server

Chicken Bone Broth
GF 28 . 1 . 2 . 1 . tr . 211
Onion

The Rachel Green Salad
quinoa, chickpeas, cucumber, sweet peppers red onion, fresh herbs, lemon juice, vegan feta
GF . V 199 . 19 . 7 . 11 . 4 . 298
Tree Nuts . Onion . Coconut

Faroe Island Salmon Ceviche*
delicate salmon marinated in leche de tigre with black tahini aioli and puffed rice chips
GF 199 . 18 . 14 . 8 . 3 . 192
Fish . Soy . Egg . Sesame . Seeds . Garlic . Onion

Shishito Toreados 🍴
blistered shishito, caramelized onions yuzu togarashi, lime, toasted cashew
GF . V 132 . 20 . 5 . 5 . 3 . 268
Tree Nuts . Soy . Sesame . Seeds . Garlic . Onion

Patatas Bravas
toasty Yukon potatoes, sunflower romesco, whipped tofu, parsley
GF . V 148 . 20 . 4 . 6 . 4 . 114
Soy . Garlic . Seeds

Vegetarian Chili
GF . V 116 . 20 . 5 . 2 . 5 . 277
Garlic . Onion

CHEF’S DAILY SELECTIONS

Black Bean Noodle Pad Thai
black bean fettuccini, crispy tofu, carrots onions, tangy chili peanut sauce, toasted peanuts
GF . V 489 . 60 . 37 . 16 . 22 . 418
Peanuts . Soy . Garlic . Onion

Sundried Tomato Chicken Roulade
spinach, lemon orzo, with garlicy asparagus tomato dill sauce, feta cheese
499 . 53 . 38 . 17 . 8 . 442
Wheat . Milk . Garlic . Onion

Lobster & Black Pepper Gnudi
Maine lobster paired with roasted wild mushrooms, black pepper gnudi and broccoli sautéed with garlic
401 . 40 . 31 . 14 . 9 . 733
Shellfish . Wheat . Milk . Egg . Garlic

Grilled Eggplant Cannelloni
tender grilled eggplant rolled with plant-based ricotta, served over lentil bolognese with roasted asparagus and a hemp-walnut crumble
GF 380 . 50 . 34 . 11 . 14 . 356
Tree Nuts . Soy . Milk . Garlic . Onion . Seeds

Double Bone Roasted Lamb Rack*
za’atar spice, Mediterranean couscous pomegranate glazed carrots, honey labneh pistachio dukkah
458 . 41 . 40 . 18 . 10 . 721
Tree Nuts . Wheat . Milk . Sesame . Seeds . Garlic . Onion

Chef’s Spotlight
ask your server about our daily special

VAQUERO ACTION STATION — RISOTTO

Visit the Vaquero Action Station to create your perfect risotto, where creamy arborio rice meets your choice of seasonal ingredients

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roasted red pepper curry
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plant-based ricotta and lentil bolognese
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Pomegranate Baby Carrots 🍴
aleppo, pomegranate molasses
GF . V 68 . 15 . 2 . tr . 4 . 169
None

Cilantro-Lime Farro
V 69 . 14 . 2 . tr . 2 . 136
Wheat . Onion . Garlic

Roasted Sweet Potato
GF . V 140 . 32 . 3 . tr . 5 . 56
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Grilled Sustainable Fish of the Day*
salsa Veracruz
GF 199 . 4 . 22 . 10 . 1 . 171
Fish . Garlic . Onion

Grilled Faroe Island Salmon Fillet*
avocado chimichurri
GF 231 . 2 . 26 . 13 . 1 . 81
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Seasonal Stir Fry
selected daily, served with brown rice and teriyaki sauce
GF . V
Soy . Garlic

Grilled Bok Choy
ginger, and tamari
GF . V 21 . 4 . 2 . tr . 1 . 122
Soy . Garlic . Onion

Pan-Seared Jumbo Maine Scallops*
grilled corn pico, aji amarillo crema
GF 258 . 14 . 25 . 12 . 1 . 441
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Red Bird Farms Chicken
marinated with olive oil & fresh herbs
GF 215 . 1 . 25 . 11 . tr . 52
Garlic

Miso-Glazed Eggplant
Thai eggplant and roasted red pepper curry
GF . V 41 . 9 . 2 . 3 . 4 . 135
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achiote crema habanero pineapple compote
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cucumber, cherry tomato, red onion roasted red peppers, parsley, mint
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okra and peppers
GF . V 73 . 16 . 2 . tr . 1 . 64
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Gochujang Braised Short Ribs
apple carrot slaw and togarashi onion
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zaatar spice, honey labneh, pistachio dukkah
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Cacio e Pepe Gnudi
roasted wild mushrooms, ricotta cracked black pepper, and chives
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smashed with parmesan and garlic
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Milk . Garlic

Butcher’s Block Feature*
chef’s choice grass-fed cut, chimichurri
GF 257 . 3 . 34 . 11 . 1 . 172
Onion . Garlic

Chef’s Cuts*
plain grilled steak, chicken salmon, fish of the day or tofu grilled with salt and pepper

Roasted Asparagus
hemp-walnut crumble
GF 46 . 5 . 3 . 3 . 3 . 16
Tree Nuts . Milk . Seeds

Sautéed Broccoli with Garlic
GF . V 55 . 7 . 3 . 2 . 3 . 140
Garlic

Turmeric Cauliflower Mash
GF 64 . 5 . 2 . 5 . 2 . 108
Milk

NUTRIENT ANALYSIS

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FIORE DI CAPRA | Pomerene, AZ | Goat Cheese
LA MESA | Tucson, AZ | Tortillas
HEARTQUIST HOLLOW FARM | Winkelman, AZ | Grass-Fed Ground Beef
HICKMAN’S FAMILY FARMS | Buckeye, AZ | Eggs
RAMONA FARMS | Sacaton,AZ | Tepary Beans

RISHI TEA

Organic and Direct Trade

ICED

green tea citrus | golden triangle black | hibiscus elderberry

HOT

Loose-Leaf Tea

Earl Grey | English breakfast | jasmine green | golden chamomile | peppermint

SPECIALTY TEA DRINKS

chai tea latte | matcha latte

CAFFÈ UMBRIA COFFEE

Delicately sourced from around the world and domestically roasted in Seattle, WA, with Italian heritage.

- bizzarri medium-dark roast drip coffee
- mezzanotte decaf drip coffee
- cold brew coffee

SPECIALTY ITALIAN ESPRESSO | americano | cappuccino | cortado | latte | traditional macchiato

BARISTA MILKS | skim | reduced fat | half & half | almond | oat | coconut | soy | rice

HOUSEMADE COFFEE SYRUPS | vanilla | caramel | mocha | brown sugar

BEVERAGES

SEASONAL STANDOUTS

Broccoli

Did you know that 1 cup of broccoli has more vitamin C than an orange? Broccoli is also rich in cancer-fighting compounds called glucosinolates and is a great source of prebiotic fiber. Fiber that is prebiotic acts as food for beneficial gut microbes, or the microbiota. Getting enough prebiotic fiber through foods like broccoli is important for a healthy, robust, and diverse gut microbial community.

Mushrooms

Mushrooms are low in energy and macronutrients but high in non-caloric plant compounds that are associated with antioxidant, anti-cancer, and anti-inflammatory benefits. Mushrooms contain glutamate, an amino acid that provides rich, savory flavor to dishes. We love using mushrooms to infuse that savory umami flavor, especially in plant-based dishes that may not contain other appetizing flavors that naturally come from meat, poultry, and seafood.

GLOSSARY OF CULINARY TERMS

Esquites

A popular Mexican street food made with kernels of corn sautéed or boiled and served in a cup with lime, chili, salt, and often mayonnaise or cheese.

Leche de Tigre

A zesty, citrus-based marinade used in Peruvian cuisine, particularly for ceviche. Made with lime juice, garlic, ginger, cilantro, onions, chili peppers, and fish juices, it’s known for its bright, tangy, and slightly spicy flavor.

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